

ABSTRACT

A variable stride exercise apparatus is described. A variable stride exercise apparatus may include a frame having a first end and a second end. A crank system may
5 be coupled to the frame. A foot member may be coupled to the crank system. The foot member may include a footpad. A variable stride system may be coupled to the foot member. The variable stride system may be located closer to the second end of the frame than the first end of the frame. The variable stride system may allow a user of the apparatus to vary the length of the user's stride during use of the apparatus. The foot of
10 the user may travel in a substantially closed path during use of the apparatus. At least a portion of the apparatus may remain substantially stationary during use.